

Meditation & You



Want to distress? Learn to relax?

Try meditation..... anyone can meditate!
(even Buddhist monks have days when they can't get comfortable, or can't stop thinking about a hundred things at once!)

90% of meditation is remembering to turn up. If your mind wanders, the mere fact that you are aware of this means that you are having some success!

If you focus on the now, the past does not matter. If a stray thought comes, it already came so let it go. You are already in a new moment. Refocus. Continue. Just because you have started to think of something else does not mean you can not meditate or that you should give up. Let it go. Continue.

Complete the session no matter how many times you have had stray thoughts. Continue and complete, without regret. Just do the exercises. ***There is no trying, either do it or do not do it.*** There is no failure if you attempt to meditate and have random thoughts. Just choose to complete it and then do it.

~ 60 Second Meditations ~

- A. 'mindfulness' - notice how the air....
 - 1. feels cool when you inhale
 - 2. feels warm when you exhale.
- B. You can do this anytime... while doing the wash, waiting at a red light, or standing in line
- C. Benefits
 - 1. Brings you immediately to the present moment.
 - 2. Calming ... if done during or before an exam, a meeting, or sitting in the dentist's chair.
- D. As you breathe out,
 - 1. feel your body relax,
 - 2. your mind will become more focused

CREATE A MEDITATION PLACE

In meditation you can create your own personal mental world. A safe place that you go to in order to do your meditation work. This is called your "Meditation Place". Many people use a place in nature (near a stream, the beach, high on a mountain) while some use a religious place or a perfect room. Now is a great time to start considering what your "Meditation Place" will be like.

JUST WATCHING

Simply sit quietly for a short period of time. Close your eyes and turn your attention inwards. Try to watch and remember everything that is happening inside your mind. It is more difficult than it sounds. When you have finished, write down all the thoughts that came to you in that short time.

The results are usually surprising; distant memories, associations, future plans and disconnected ideas flow at an extraordinary pace. The idea of slowing down our thinking is a helpful analogy. The first attempts to focus our awareness often proves to be disheartening. Unwanted thoughts arise as if from nowhere. Developing this skill as a sustained and reliable ability will take time and effort. It will not happen in a week, it will not happen without frustration. It will not happen without personal commitment. The advice from the experienced is universally gentle and comforting; don't give up, just carry on. Don't get involved in your thoughts, just let them pass. Return the mind to the subject of the meditation, the target. Allow other thoughts to flow through. Stay focused. Stay aware.

Look at how easy it is to Meditate:

You can teach yourself in a matter of minutes by following a few simple steps

1. FIND A QUIET PLACE

If it helps, turn out the lights. The fewer distractions you have, the easier it will be to concentrate

2. CLOSE YOUR EYES

The idea is to shut out the outside world so your brain can stop actively processing information coming from the senses

3. PICK A WORD, ANY WORD

Find a word or phrase that means something to you, whose sound or rhythm is soothing when repeated

4. SAY IT AGAIN AND AGAIN

Try saying your word or phrase to yourself with every out breath. The monotony will help you focus

We are going to practice a few exercises in class to give you a baseline.

